

DINNERLY



Cheesy Bean Quesadillas with Smoky Barbecue Corn



25 minutes



2 Servings

Dial up a fiesta of flavour with Mexican-style quesadillas. Grab some tortilla wraps, load them up with smoky mixed beans and cheese, then fry until golden. Seasoned corn cobs make the perfect accompaniment.

WHAT WE SEND

- 400g five mixed beans
- 50g cheddar ⁷
- 1 corn cob
- 1 lemon
- parsley
- 10g smoky barbecue seasoning ¹⁷
- 6 flour tortillas ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs barbecue sauce
- 1 tbs olive oil
- 20g butter ⁷

TOOLS

- box grater
- medium deep frypan with lid
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 730kcal, Fat 36.1g, Carbs 71.0g, Proteins 24.3g



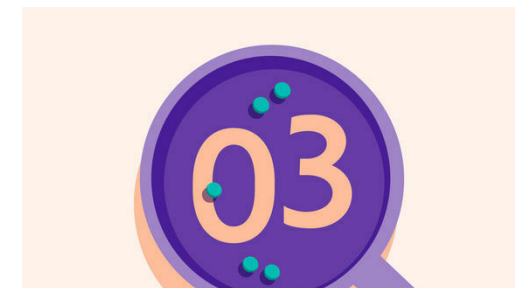
1. Prep ingredients

Drain and rinse the **beans**. Coarsely grate the **cheese**. Halve the **corn cob**. Cut **half the lemon*** into wedges. Pick the **parsley** leaves and finely chop the stems.



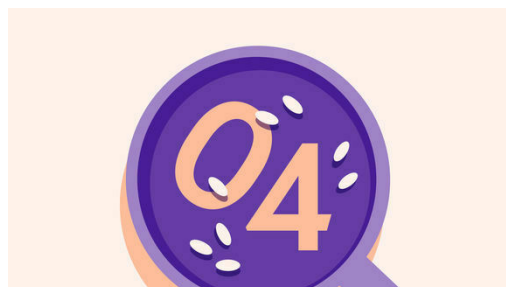
2. Assemble quesadillas

Combine the **beans**, **half the smoky barbecue seasoning** and **1 tbs barbecue sauce** in a bowl. Lightly mash the beans with a fork, keeping some whole for texture. Stir in the **cheese** and **parsley stems**. Divide the **bean mixture** among the **tortillas**, spreading it evenly over one side. Fold the tortilla over to enclose the filling, pressing down to secure.



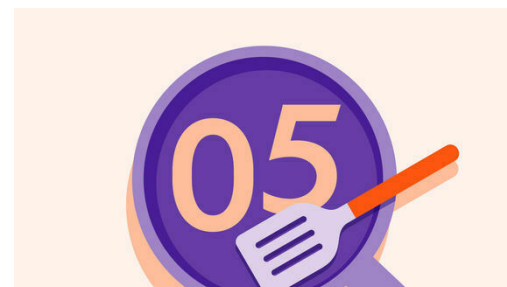
3. Cook corn

Heat a **medium deep frypan** over high heat. Add the **corn cobs** and **80ml (1/3 cup) water** to the pan and cook, covered, for 5 mins. Turn the corn, add another **80ml (1/3 cup) water** and cook, covered, for a further 5 mins or until tender. Remove the pan from the heat. Drain, then cover to keep warm.



4. Pan-fry quesadillas

Meanwhile, heat **2 tsp olive oil** in a large frypan over medium heat. Cook **3 quesadillas**, pressing down gently with a spatula, for 2-3 mins each side until golden. Repeat with another **2 tsp olive oil** and the **remaining quesadillas**.



5. Serve up

Combine the **remaining smoky barbecue seasoning** and **20g butter** (see Make it yours) in a bowl, then brush or spread over the **corn**. Halve the **quesadillas**. Divide the quesadillas, corn and **lemon wedges** among plates. Scatter over the **parsley leaves** and enjoy!



6. Make it yours

Want to try something different? Instead of using butter, brush mayonnaise over the corn (you can stir the barbecue seasoning through the mayo or leave it out).